



# Delaware Smile Center

Family Dentistry & Orthodontics

## Scaling and Root Planing Instructions

### Day of the procedure:

- Brush lightly for 2 minutes. Rinse toothbrush under hot water to soften the bristles.
- Flossing may be skipped in the treated area the first night. Be sure to floss everywhere else.
- If anesthetic was used during the procedure, avoid chewing until the numbness has worn off completely.
- You may take over the counter pain medication as needed to manage any discomfort. You may also rinse your mouth with warm salt water for 30 seconds to aid with comfort and healing. Add one teaspoon salt to one cup of warm water.
- Avoid eating hard or crunchy foods (such as nuts, popcorn, chips or pretzels) as well as hot or spicy foods and alcoholic drinks until your gums have healed.
- If we prescribed a medicated mouthwash, rinse for 30 seconds after brushing and flossing. Do not rinse, drink or eat for 30 minutes after. Use the mouthwash twice a day.

### After the procedure:

- Brush twice a day for at least two minutes each time, concentrating along the gum line.
- Floss at least once a day.
- Do not use any tobacco products for at least 72 hours. Tobacco slows down the healing process.
- Do not hesitate to contact us if bleeding, sensitivity or discomfort increases or continues beyond 3 to 4 days.

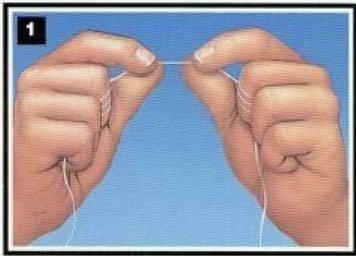


# Delaware Smile Center

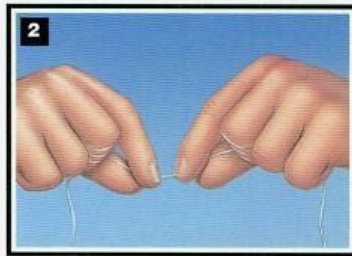
Family Dentistry & Orthodontics

## Flossing

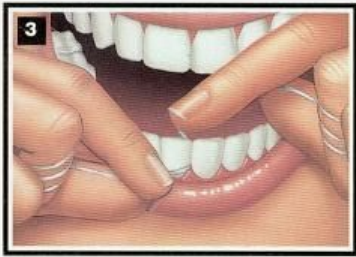
### Instructions



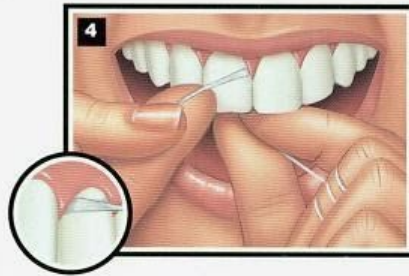
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.

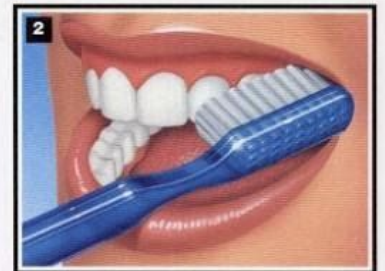


Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

## Brushing Instructions



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

302-285-7645

201  
Middle